

# Watch The Tempo

COPPER KNOB  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Nathan Gardiner (SCO) - April 2018  
音樂: Mad Love (feat. Becky G) - Sean Paul & David Guetta



Intro: 16 counts

## S1: Mambo Step, Coaster Step, Kick, Step Lock, Step, Side R, Heel Ball Cross

1&2      Rock forward on R, Recover on L, Step back on R  
3&4      Step back on L, Step R next to L, Step forward on L  
5&6&      Kick R forward, Step R forward, Lock L behind R, Step R to R side  
7&8      Dig L heel to L diagonal, Step L next to R, Cross R over L

## S2: Side L, Together, Cross, ¼ L, ½ L, ¼ L, Together, Rock Out, Recover, Sway R, L, R,

&1-2      Step L to L side, Step R next to L, Cross L over R  
3&      ¼ L stepping back on R, ½ L stepping forward on L  
4&      ¼ L stepping R to R side (Split both knees apart), Step L next to R (Bringing knees in)  
5-6      Rock out to R side, Recover on L  
7&8      Sway to R side, Sway to L side, Sway to R side kicking L forward

## S3: Cross, Unwind Full Turn R, Behind, Side, Cross, Full Turn L bouncing heels, Shuffle Forward

1-2      Cross L over R, Unwind full turn R sweeping R from front to back  
3&4      Step R behind L, Step L to L side, Cross R over L  
5-6      Full turn L bouncing heels twice  
7&8      Step forward on L, Step R next to L, Step forward on L

## S4: Camel Walks, Knee Knocks (knee wiggles), Syncopated Rocking Chair, Together, Body Roll

1-2      Step forward on R popping L knee forward, Step forward on L popping R knee forward  
3&4&      Step forward on R knocking R knee out & in, Step forward on L knocking L knee in & out  
5&6&      Rock forward on R, Recover on L, Rock back on R, Recover on L  
7-8      Step R next to L & start body roll from bottom to top

## S5: Side R with Side Kick, ¼ L with Flick, Mambo Step, Step Back, Heel Dig, Step Forward, Cross, Side R, Together, Cross

1-2      Step R to R side kicking L to L side, ¼ L stepping forward on L flicking R back  
3&4      Rock forward on R, Recover on L, Step R next to L  
&5-6      Step back slightly on L, Dig R heel forward, Step forward on R flicking L back  
7&      Cross L over R, Step R to R side  
8&      Step L next to R, Cross R over L

## S6: ¼ R, ½ R, ¼ R, Rock Back, Recover, ½ L, Walk Back L & R with Sweeps, Rock Hitch

1-2&      ¼ R stepping back on L, ½ R stepping forward on R, ¼ R stepping L to L side  
3-4&      Rock back on R, Recover on L, ½ L stepping back on R  
5-6      Step back on L sweeping R from front to back, Step back on R sweeping L from front to back  
7&8      Rock back on L hitching R knee, Recover on R, Rock back on L hitching R knee

(Restart on wall 1, change of step)

## S7: Side R, Behind, ¼ R, Side L, Behind, ¼ L, Step Pivot ½ L, Paddle 1/8 L, Paddle 1/8 L

1-2&      Step R to R side, Step L behind R, ¼ R stepping forward on R  
3-4&      Step L to L side, Step R behind L, ¼ L stepping forward on L  
5-6      Step forward on R, Pivot ½ L  
7-8      Paddle 1/8 L touching R to R side, Paddle 1/8 L touching R to R side

**S8: Cross, Back, Ball Cross, Back, Ball, Kick Out Out, Heel Swivel, Heel Swivel**

1-2& Cross R over L, Step back on L, Step R slightly to R side

3-4& Cross L over R, Step back on R, Step L slightly to L side

5&6 Kick R across L, Step R to R side, Step L to L side

&7&8 Swivel R heel in, Swivel R heel to centre, Swivel L heel in, Swivel L heel to centre

**Restart: On wall 1 dance 48 counts change Rock Hitch to Sailor  $\frac{1}{4}$  L then Restart the dance again**

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**Last Update - 16th April 2018**

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